

Gout

Gout is the symptomatic manifestation caused by deposition of urate in tissues and raised uric acid level in blood.

Source of uric acid

Uric acid is the metabolite of purine which some food items are rich in. Owing to genetic predisposition, certain people are more prone to produce excess uric acid and hence gouty attack if they eat excessive purine-rich food.

Precipitating factors of Gout

- Over 40 years old
- Male has greater chance of gouty attack than female
- Overweight
- People with high blood pressure, diabetes, or kidney disease
- Those who take diuretics or medications for treating Parkinson's disease
- People who drink alcohol and eat foods which are rich in purine, such as offal, shellfish and seafood
- Hereditary factors

Symptoms of gout

Gout usually presents with acute inflammation of a single joint, most commonly the big toe. Affected site becomes suddenly red, swollen, hot and intensely painful, which subsides after a few days. If the blood uric acid level is not controlled, urate will deposit in other joints like knee, ankle and fingers. If the condition is not well managed, it will develop into multiple joint diseases and recur frequently. In severe cases, joints become deformed and affect daily working ability. Besides, excessive uric acid may accumulate in other body parts, such as skin. Accumulation of uric acid in kidney may cause damage in kidney.

Prevention and control

Gout cannot be cured. But appropriate medication and diet restriction can prevent recurrent attacks.

Developed by:

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